

INSPIRE 2020

BRIDGING THE GAP BETWEEN FAITH AND FITNESS | SATURDAY 01.25.20

SPEAKER BIOGRAPHIES



KRISTINE LIES

Kristine Lies is a real foods coach, speaker, cookbook author, and creator of the spice shack project--an innovative solution for infusing flavor into everyday meals. Kristine has a passion to serve those who want to jump-start their health, having had her own eight-year journey of trial and error leading to the discovery of the healing power of real foods. Inspiring women and families to cast off the quick-fix diet trends and take charge of their health, Kristine's dynamic coaching offers a simple philosophy of focusing on whole, real foods for a balanced approach to health and wellness. You

can connect with Kristine at www.allaboutmykitchen.com

Kristine will be presenting a cooking demonstration focusing on simple, family-friendly recipes. She will also be sharing tips on how spices can add calorie-free zest, flavor nutrition and excitement to your home cooking.

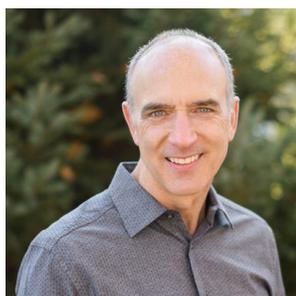


DAVID MATHIS

David Mathis is the Executive Editor for desiringgod.org, an Adjunct Professor at Bethlehem College and Seminary, and one of the Founding Pastors of Cities Church in Minneapolis, MN. Originally from Spartanburg, SC, David graduated from Furman University in Greenville, SC, and Reformed Theological Seminary in Orlando, FL.

Author of the book, *Habits of Grace*, he has been married 12 years to Megan and together they have four children ages 9 to 2 years.

David will present a general session titled, "The Lord is For the Body: A Little Theology of Exercise." His breakout session is titled, "Feel His Pleasure: Exercise, Endorphins, and Enjoying God."



DAVID BUSH

David Bush is an author, speaker, Christian artist and the Founder of Fit For The King. He left the business world for ministry pursuits in 1999, and served as a Worship Pastor and Associate Pastor until 2019 when he began pursuing Fit For The King full-time. His emphasis on reaching the church with a message of better body stewardship includes the INSPIRE conferences, church-based group fitness classes, a website, blog site, social media sites, two books and a counseling/discipleship ministry.

David will speak in the first plenary session on God-Honoring Motivations That Lead To Change. He will also lead a breakout with Joe Tewell that will feature transformation stories from actual clients.

David has been married to Beth for 33 years and together they have four sons, two daughters in-law, and one granddaughter.



DR. HEIDI QUIST

Heidi Vermeer-Quist and husband Chad instituted Heartland Christian Counseling in Des Moines. From her training and practice, she understands firsthand how we operate as holistic beings, and how our physical health directly impacts our psychological, emotional, and spiritual health. Dr. Quist will be discussing how stress, family dysfunction and over-filled schedules contribute to lives that do not enjoy the peace, health, and productivity God desires. She will also participate in the expert panel that will be part of the third plenary session.



DR. DAVID GROEN

Dr Groen is a local podiatrist, foot and ankle surgeon and cross country coach who has been a frequent participant with INSPIRE. He has seen firsthand how both neglect and overuse have given rise to many serious issues with his patient's feet and ankles. Dr Groen will identify several of the most common injuries and conditions that he treats, as well as give prescriptions for how to avoid and overcome them.

David and wife Amy have been married 35 years and they have four adult children, a son in-law and a granddaughter.



INSPIRE 2020 EXPERT PANEL

In addition to some of our speakers above, fitness and nutrition expert Joe Tewell and neurologist Dr Wendy Zadeh will form an expert panel that will address nutrition, general health, brain health, and biblical perspectives on body stewardship. David Bush will moderate a conversation that will include questions from the audience.



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THE MISSION CHURCH
12001 Ridgemont Dr. Urbandale